

Porcupine Sliders

Meal Components: Grains, Meat / Meat Alternate

Sandwiches, F-10r

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Water		3 1/2 cups		1 qt 3 cups	1. Combine water and brown rice in a stockpot and bring to a boil. Cover and cook until water is absorbed, about 30-40 minutes. Fluff. Cover and refrigerate at 40°F.
Brown rice, long grain, regular, dry	9 1/2 oz	1 1/2 cups	1 lb 3 oz	3 cups	
Canola oil		2 Tbsp		1/4 cup	
*Fresh onions, diced	6 oz	1 1/4 cups	12 oz	2 1/2 cups	2. Heat oil. Sauté onions, celery, and garlic for 5-7 minutes or until soft. Cover and refrigerate..
*Fresh celery, diced	14 oz	3 cups	1 lb 12 oz	1 qt 2 cups	
Fresh garlic, minced	2 1/2 oz	1/4 cup	5 oz	1/2 cup	
Raw ground turkey, lean	6 lb 15 1/2 oz	3 qt 2 cups	13 lb 15 oz	1 gal 3 qt	3. Combine turkey, eggs, cranberries, spinach, Worcestershire sauce, salt, peppers, brown rice, and onion mixture. Mix well.
Liquid, whole egg		2 1/2 cups		1 qt 1 cup	

*Fresh baby spinach, chopped	10 oz	2 qt	1 lb 4 oz	1 gal	
Worcestershire sauce		2 Tbsp		1/4 cup	
Salt		1 Tbsp		2 Tbsp	
Ground black pepper		1 Tbsp 1 tsp		2 Tbsp 2 tsp	
Ground white pepper		1/2 tsp		1 tsp	
					<p>4. Portion into patties using a No. 8 scoop (½ cup) onto a parchment lined sheet pan (18" x 26" x 1") lightly coated with pan release spray.</p> <p>5. Bake: Conventional oven: 350 °F for 18 minutes Convection oven: 325 °F for 14 minutes DO NOT OVERCOOK.</p> <p>6. Critical Control Point: Hold for hot service at 135 °F or higher.</p>
Mini whole-grain rolls (1 oz each)		50		100	<p>7. Serve on mini whole-grain rolls.</p> <p>8. If desired serve with lettuce, sliced tomato, red onions, and condiments.</p> <p>9. Serve 1 slider.</p>

Notes

Our Story

The South Education Center Alternative (SECA) School recipe challenge team put their heads together in the school kitchen, mixing and matching the ingredients to find the perfect blend and created the national cook-off Grand Prize winning Porcupine Sliders.

What exactly are Porcupine Sliders? They are healthy, mouth-watering turkey burgers, high in protein, with just the right amount of spices and a kick of sweet cranberries, all served on small whole-wheat rolls. The addition of brown rice to the burger mixture created a prickly look like little porcupines – thus their name.

Porcupine Sliders are a delicious, nutritious, and appetizing new way to get kids to eat healthy. The simple ingredients and easy preparation makes them a favorable choice for a quick menu idea that kids will enjoy!

South Education Center Alternative School

Richfield, Minnesota

School Team Members

School Nutrition Professional: Wanda Nickolai

Chef: Todd Bolton (Parasole Restaurant Holdings, Inc.)

Community Members: Theresa Guthrie (Family and Consumer Science Teacher) and Mary Lair (School Nurse, Bloomington Public Health)

Students: Adilene D., Chris D., Dominic L., and Dolores P.

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredient is available.

The grain ingredients used in this recipe must meet the Food and Nutrition Service whole grain-rich criteria.

Marketing Guide		
Food as Purchased for	50 Servings	50 Servings
Mature onions	8 oz	1 lb
Celery	1 lb 2 oz	2 lb 4 oz
Baby spinach	1 lb 8 oz	3 lb

Serving	Yield	Volume
1 slider provides 2 oz equivalent meat/meat alternate and 1 oz equivalent grains.	50 Servings: about 11 lb 8 oz 100 Servings: about 23 lb	50 Servings: 50 sliders 100 Servings: 100 sliders

Nutrients Per Serving					
Calories	247	Saturated Fat	2.22 g	Iron	2.06 mg
Protein	16.35 g	Cholesterol	85.29 mg	Calcium	64.79 mg
Carbohydrate	25.53 g	Vitamin A	539.83 IU	Sodium	365.57 mg
Total Fat	9.26 g	Vitamin C	1.56 mg	Dietary Fiber	3.14 g